



BTheOne.org

YOU ARE **NOT ALONE**
HELP IS HERE

DEPRESSION AND SUCIDAL THOUGHTS HAVE A WAY OF MAKING YOU FEEL ISOLATED, BUT YOU DON'T HAVE TO DEAL WITH THIS ON YOUR OWN.

**IF YOU ARE STRUGGLING, CALL US TODAY.
1-800-273-TALK (8255) OR CHAT AT
SUICIDEPREVENTIONLIFELINE.ORG**

